# Owner's Manual

## 9.23

## 9.27

Low Impact Treadmills

PRECOR® USA

move beyond®

# Important Safety Instructions

When using an electrical appliance, always take basic precautions, including the following:

- Read all instructions before using the treadmill. These instructions are written for your safety and to protect the unit.
- Before beginning any fitness program, see your physician for a complete physical examination.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

**DANGER** To reduce the risk of electrical shock always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

**WARNING** To reduce the risk of burns, fire, electric shock, or injury, take the following precautions:

- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children unsupervised around the treadmill.
- Never leave the treadmill unattended when it is plugged in. Unplug the treadmill from the power source when it is not in use, before cleaning it, and before putting on or taking off parts.
- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Keep the area behind the treadmill clear.
- Maintain the treadmill in good working condition. Refer to the *Maintenance* section. Make sure that all fasteners are secure and the belt is clean and running smoothly.
- Use the treadmill only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Return the treadmill to a service center for examination and repair.
- Keep the power cord and plug away from heated surfaces.
- Do not operate the treadmill where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.

- Never block the air vents while operating the treadmill. Keep the air vents clean and free of lint, hair, or anything that might impede the free flow of air.
- Do not attempt to service the treadmill yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands and towels away from moving parts.
- Keep all electrical components, such as the power cord and I/O switch, away from liquids to prevent shock. Do not set anything on the handrails, display console, or casing. Place liquids, magazines, and books in the appropriate receptacles.

**DANGER** The treadmill must be connected to a dedicated, grounded circuit. See ***Grounding Instructions***.

- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Use care when getting on or off the treadmill. Always grasp the handrail when stepping onto the running belt and keep the initial speed at or below 1 mile per hour (mph) or 1.5 kilometer per hour (kph). Never step off the treadmill while the running belt is moving.
- Before the running belt begins moving (before your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet firmly on the right and left staging platforms.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill.
- The safety clip must be attached at waist level before your workout. A lanyard connects the safety clip to a red magnet on the display console. If you encounter difficulties, a strong tug on the lanyard dislodges the magnet and stops the running belt.
- Do not rock the unit. Do not stand on the handrail(s), display console, or hood.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- When the treadmill is not in use, disconnect the unit by turning the power switch to the OFF (O) position, and then remove the power plug from the wall outlet.

## Safety Approval

When identified with the ETL-c logo, the unit has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-94, *Safety of Household and Similar Electrical Appliances*.

## Grounding Instructions

The treadmill must be grounded. If the unit malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the treadmill could void the Precor Limited Warranty.

**DANGER** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill. If it does not fit the outlet, get a proper outlet installed by a qualified technician.

### 120 V Units Designated for U.S. Markets

The treadmill must be connected to a dedicated, grounded circuit with a nominal 120-volt rating. The unit's grounding plug looks like the plug shown in Diagram 1. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

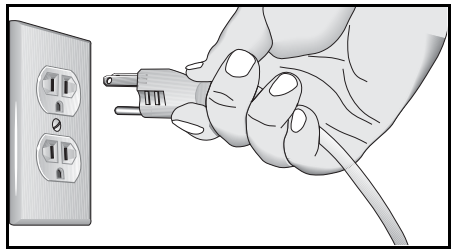

**Diagram 1: Power plug**

## Obtaining Service

You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts. For information about product operation or service, see the Precor website at www.precor.com.

Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com/contact.

For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (Diagram 2).

Model #: _____ Serial #: _____

Date purchased: _____

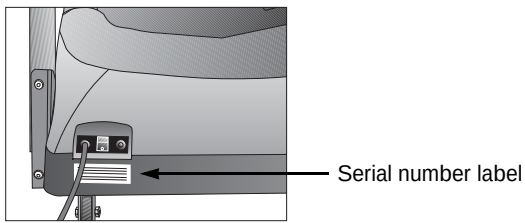


**Diagram 2: Location of serial number**

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# Treadmill Safety Features

The treadmill is equipped with certain items that, when used properly, help sustain an enjoyable workout. These items include:

- Safety clip and magnet
- I/O power switch
- Handrail
- Reset switch

***Important:*** *Before exercising, review the* Important Safety Instructions *found at the beginning of this manual.*

## Using the Safety Clip

Attach the safety clip to your clothing before each workout and attach the opposite end (the red magnet) to the display console. A tug on the lanyard dislodges the magnet, trips the safety switch, and stops the running belt.

If the safety switch trips while you are exercising, the treadmill does not retain your workout statistics. To resume your workout, reattach the magnet, reattach the safety clip to your clothing, and select a program from the banner.

***Important:*** *To prevent unauthorized use, remove the red magnet and safety clip after your workout and store it in a safe place. The treadmill will not operate without the red magnet attached to the display console.*

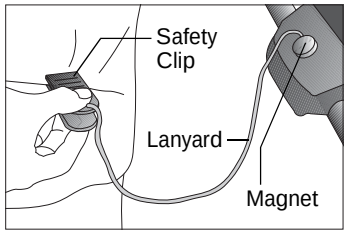



**Diagram 3: Attach the safety clip to your clothing**

## Using the Handrails

To maintain your balance, always grasp a handrail when you step on or off the treadmill and when you use the keypad.

## Turning the Unit ON and OFF

To turn the unit ON and OFF, use the I/O power switch located at the front of the unit, near the power cord. Refer to Diagram 4.

***Important:*** *When it is not being used, turn the unit OFF.*

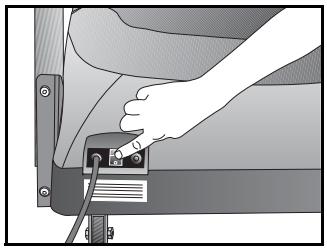


**Diagram 4: I/O power switch**

## Using the Reset Switch

The treadmill is designed to automatically turn off if its electronic boards overheat. A red button near the power switch resets the unit after the thermal circuit breaker trips. Do not press this button indiscriminately. Excessive heat can damage the electronic boards on the treadmill.

To help eliminate overheating, locate your treadmill away from heating ducts. For more information, refer to *Advanced Programming and Troubleshooting*.

# Heart Rate Features

Heart rate and SmartRate® features are available when the heart rate receiver is installed in the display console and you wear a chest strap. When a heart beat is detected, the letters Hr appear in the heart rate display and continue to blink until a heart rate is discernible. During a workout, a number representing your heart rate is displayed. (A small dot blinks in rhythm with your heart rate.)

Note: The heart rate receiver and chest strap are optional purchase items for the M9.23 treadmill. If you are interested in purchasing this option, refer to *Obtaining Service*.

## Guidelines

Read the following before using the heart rate feature.

- Consult your physician before engaging in any vigorous exercise. Do not use the heart rate features until authorized by your physician.
- Know your heart rate (pulse) and your physician-recommended heart rate target zone. Individual heart rates vary according to several physiological factors and may not correspond directly with Diagram 5.

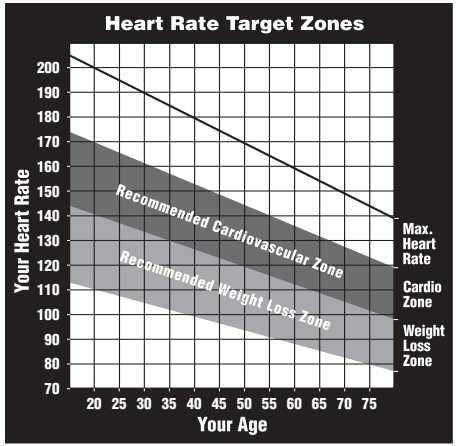



**Diagram 5: Heart rate target zones**

- After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.
- If ♥ ? appears in the display, the treadmill cannot detect a heart rate. Make sure that the chest strap is positioned properly around your chest and against your skin. If the heart rate receiver in the display console has become disconnected, the display appears blank.
- Always face forward on the treadmill and use the handrail for balance. Keep upper body movement to a minimum.

## Using the M9.27 SmartRate Feature

The SmartRate feature helps you monitor and maintain your heart rate in the target zone best suited to your specific needs.

After you begin a workout, a blinking LED appears on the SmartRate display. The blinking LED indicates the current zone that your heart rate is maintaining: weight loss or cardiovascular.

The SmartRate indicator lights do not appear when:

- You press QUICKSTART at the banner.
- You bypass the AGE prompt.
- You do not wear or improperly position the chest strap.

Note: Review the information on the QUICKSTART card that accompanies your literature packet. It explains how to adjust the chest strap.

For the ideal weight loss range, the first and second SmartRate LEDs are lit and the third LED blinks. If you are working out in the cardiovascular zone, the fourth or fifth LED should be blinking. Refer to Table 1.

**Table 1. Heart rate target zones and SmartRate LEDs**

| ***Heart Rate Target Zone Percent*** | ***LED Lit*** | ***LED Blinking*** |
|---|---|---|
| Below 55% | None | None |
| 55% to 60% | First | First |
| 61% to 66% | First | Second |
| 67% to 72% | First through second | Third |
| 73% to 79% | First through third | Fourth |
| 80% to 85% | First through fourth | Fifth |
| Above 85% | First through fifth | Sixth |

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate. If it does, the sixth SmartRate LED begins to blink. Immediately reduce your pace or adjust the incline to return your heart rate to its target zone.

## Exercise to Your Target Heart Rate

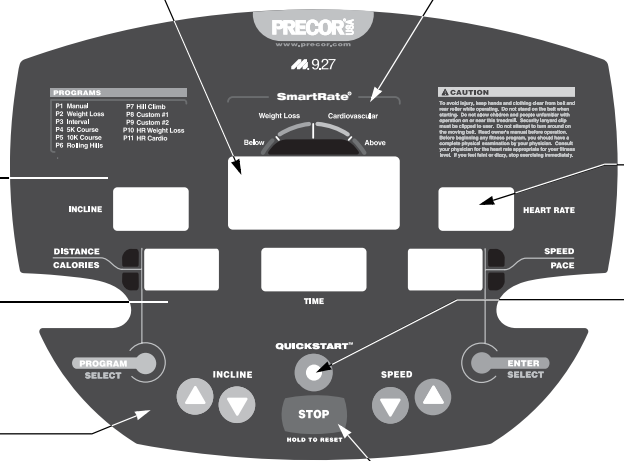
Both M9.23 and M9.27 treadmills include programs that let you exercise based on a specified heart rate. You set your target heart rate (THR) and the speed of the running belt after selecting the program. As you exercise, the Heart Rate Control Program monitors your heart rate and automatically maintains it within a few beats per minute (bpm) of your selected target. Your actual heart rate (pulse) appears in the HEART RATE display.

To use the Heart Rate Control Program, select HRC for M9.23 and HR1 or HR2 for M9.27. You must also wear the chest strap so the program can monitor your heart rate throughout the workout. For more information, refer to *Heart Rate Control (HRC) Program* (M9.23) or *Heart Rate Control (HR1 or HR2) Program* (M9.27).

# Display Console

Center display: *When you begin a program, the program profile displays and remains until the scanning process is initiated.*

SmartRate display: *LEDs light in this column when the SmartRate feature is activated. Follow the LEDs to monitor your heart rate and maintain it in your target zone.*




Heart Rate display: *If a heart rate is detected, this area displays your heart rate.*

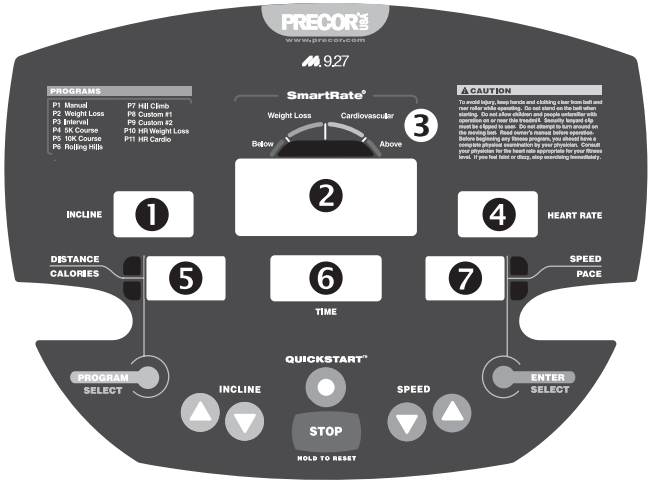
Informational displays: *Review these displays to see your incline, distance, speed, time, and more.*

QUICKSTART: *Press QUICKSTART to begin your workout immediately. It lets you bypass the setup prompts.*

Keypad: *Use the keypad to:*

- Control your workout session
- Answer prompts prior to starting a program
- Determine which display features appear
- Prematurely end a program
- Adjust the speed or incline

STOP key: *Press to pause a workout.*




The following information explains what appears in the different displays. The numbers in this diagram only show the sequential order of information in this section.

1. INCLINE–displays the percentage of incline during your workout. The INCLINE ▲ and ▼ keys affect the lift and let you set an incline between 0% and 15%. The values displayed can change in 0.5% increments.

2. PROFILE–appears on the center display and corresponds to the program you selected. As you continue your workout, a blinking column indicates your position in the program. Changes in incline affect column height as shown in Diagram 6.

   If the profile is only one row in height, then markers (•••:•••) appear occasionally and provide a sense of movement through the program.

   Note: The center display provides an LED matrix consisting of 8 rows and 20 columns. You can determine the duration of each column in a program (if the workout time is less than 20 minutes) by dividing the program's time limit by 20. If the workout time is greater than 20 minutes, each column represents 1 minute.

3. SMARTRATE–SmartRate LEDs appear on the M9.27 display only. The LEDs light when your heart rate remains within a percentage (55% to 85%) of your maximum aerobic heart rate. For more information, refer to *Heart Rate Features*.

4. HEART RATE–displays your heart rate. If you are wearing the chest strap, the display shows your heart rate. A small dot blinks in rhythm with your heart rate.

5 DISTANCE–shows a linear distance in miles. The distance is calculated based on your speed.

CALORIES–displays the estimated cumulative number of calories burned. The calorie calculation is derived from the speed, incline, and your weight. An accurate weight entry results in a more accurate calorie count. When using QUICKSTART and no weight has been specified, the default weight is 150 pounds (68 kilograms).

Note: You can toggle between displaying the DISTANCE or CALORIES by pressing the PROGRAM/SELECT key.

6 TIME–displays workout time in minutes and seconds; however, when you exceed 60 minutes during a single workout, the TIME display converts to hours and minutes. For programs with a workout time limit, the TIME display shows the amount of time remaining. For programs without a workout time limit, the TIME display indicates the amount of time you have been exercising.

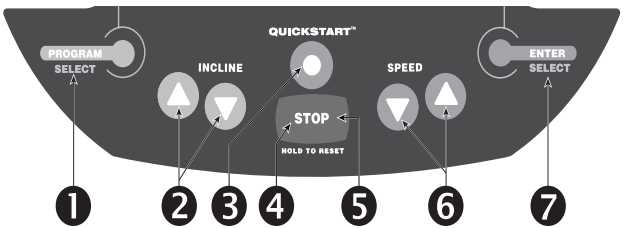
7 SPEED–displays the running belt speed in miles per hour. The running belt speed ranges from 0.5 to 12 mph (0 to 20 kph) and can be changed in 0.1 increments using the SPEED keys.

PACE–displays your target speed in minutes and seconds per mile. For example, the number “4.23” indicates that your pace (speed at which you are moving) is 4 minutes and 23 seconds per mile.

Note: You can toggle between displaying the SPEED or PACE by pressing the ENTER/SELECT key.

## Keypad

Use the keypad to enter your workout session selections.




The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to the diagram on this page.

1. PROGRAM/SELECT: This key has two functions:
   - It lets you select a program during setup.
   - When you have started exercising, it acts as a toggle between the DISTANCE and CALORIES display.

2. INCLINE ▲▼:

   Press and hold the INCLINE arrows to increase or decrease the incline from 0% to 15% in 0.5% increments.

   During your workout, to view your current incline, tap either INCLINE ▲ or ▼ key. To change the incline, press the arrow key for more than one second.

   Changes to the incline are not immediate. It takes time for the lift to reach the target incline shown on the display.

   The incline setting affects the column height in the program profile as shown in Diagram 6.

   The height of the column indicates the level of incline.

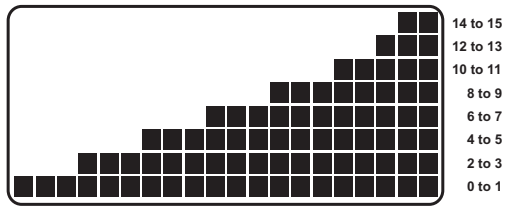



**Diagram 6: Column height affected by changes in incline**

During the setup phase, pressing the INCLINE arrow keys will not affect the incline. However, the arrow keys do not affect what appears on the display. Refer to *Selecting a Program*.

3. QUICKSTART: Press QUICKSTART to bypass the setup prompts and start your workout immediately using the Manual Program. Refer to *Choosing QUICKSTART*.

4. STOP: A firm tap on the STOP key slows the running belt to a stop and the treadmill enters pause mode. To resume, press the SPEED ▲ key. Refer to *Pausing During a Workout or the Cool-Down Period*.

5. HOLD TO RESET: During pause mode, if you press the HOLD TO RESET key for more than 2 seconds, the program displays the WORKOUT SUMMARY. No workout statistics are saved.

6. SPEED ▼▲: Press and hold the SPEED arrow keys to increase or decrease the running belt speed from 0 to 12 mph (1 to 20 kph) in 0.1 increments.

   When you press the arrow keys, a target speed appears in the display. The running belt speed changes to meet the target, but the change occurs gradually so the transition is smooth.

   During your workout, to view your current speed, tap either SPEED ▼ or ▲ key. To change the speed, press the arrow key for more than one second.

   Note: During the setup phase, pressing the SPEED arrow keys will not affect the speed. However, the arrow keys do affect what appears on the display. Refer to *Selecting a Program*.

7. ENTER/SELECT: The ENTER/SELECT key has two functions:
   - It accepts data that appears in the TIME display during setup.
   - When you have started exercising, it acts as a toggle between the SPEED and PACE displays.

# Workout Options

CAUTION: Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.

1. Turn the unit ON. The banner PRESS QUICKSTART OR PROGRAM scrolls across the display.
2. Step on the treadmill.
3. Face the display.
4. Attach the safety clip to your clothing and attach the opposite end (the red magnet) to the display console.
5. Hold on to the handrail with one hand.
6. Select one of the following options:

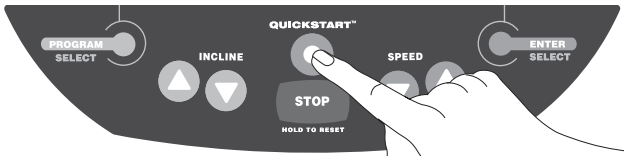
   Option 1: Use the QUICKSTART key

   Choose this option to start your workout immediately. Refer to *Choosing QUICKSTART*.

   Option 2: Use the PROGRAM/SELECT key

   Choose this option for a more customized approach. The display walks you through the preferences for a program, workout time, weight, and age (optional on M9.23). Refer to *Selecting a Program*.

## Choosing QUICKSTART




1. Press QUICKSTART while the banner is scrolling to bypass the detailed workout prompts and access the Manual (MANL) Program.

   A 3-second countdown appears on the center display, and then the running belt starts moving.

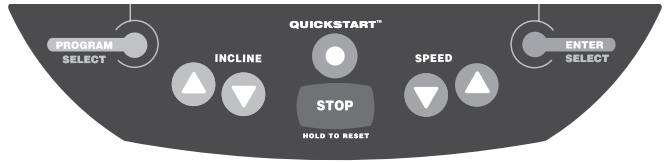
   QUICKSTART applies the following defaults:

| ***Prompts*** | ***Default Value*** |
|---|---|
| Program | Manual (MANL) |
| Time | No limit |
| Weight | 150 lb (68 kg) |
| Age | 0 |

   To use the SmartRate feature (M9.27), you need to specify your age. In this case, press PROGRAM/SELECT. Follow the setup process to enter your age. Press QUICKSTART after your age is displayed.

2. Step on to the running belt with the speed at or below 1 mph (1.5 kph) and begin your workout. Use the SPEED ▲ to increase the speed of the running belt.

## Selecting a Program




1. Press the PROGRAM/SELECT key while the banner PRESS QUICKSTART OR PROGRAM is scrolling.
2. Continue to press PROGRAM/SELECT to cycle through the available programs. Refer to Table 2.

   The program profile appears in the center display for a few seconds after the program's abbreviated name. A program reference number appears in the TIME display.

3. When the program you want appears, press ENTER/SELECT.

**Table 2. Available programs**

| ***Program*** | ***Program Abbreviation*** | ***M9.23*** | ***M9.27*** |
|---|---|---|---|
| Manual | MANL | P1 | P1 |
| Weight Loss | WLS | P2 | P2 |
| Interval | INTV | P3 | P3 |
| Random | RAND | P4 | – |
| 5K Course | 5K | – | P4 |
| Walk | WALK | P5 | – |
| 10K Course | 10K | – | P5 |
| Heart Rate Control* | HRC | P6 | – |
| Rolling Hills | ROLL | – | P6 |
| Hill Climb | HILL | – | P7 |
| Custom #1 | C1 | – | P8 |
| Custom #2 | C2 | – | P9 |
| Heart Rate Weight Loss* | HR 1 | – | P10 |
| Heart Rate Cardiovascular* | HR 2 | – | P11 |

* Requires the user to wear a chest strap. The heart rate receiver must also be installed.

4. If a program includes a designated workout time, the TIME prompt blinks in the TIME field. Press the arrow keys to select the program time between 0:00 (no time limit) and 99 minutes. Press ENTER/SELECT.

   Note: If you select the INTV Program, the REST and WORK prompts appear after you designate a workout time. Select a time frame for the rest and work intervals between 1 and 9 minutes. Refer to *Interval (INTV) Program*.

5. Continue through the setup phase by entering or changing your WGT (23 through 440 lb/10 to 200 kg) and AGE (1 through 99).

   ***Important:*** *You can also press QUICKSTART after any of the prompts (PROGRAM, TIME, WGT, or AGE). QUICKSTART applies default settings to any prompts you skipped and the running belt starts moving after a 3-second countdown.*

6. When you complete the setup phase, a prompt PRESS SPEED ▲ TO BEGIN scrolls across the display. Step on the running belt with the speed at or below 1 mph (1.5 kph) and begin your workout. Use the SPEED ▲ to increase the speed of the running belt.

   Note: If you wish to change some aspect of the setup phase (TIME, WGT, AGE, REST, WORK, or THR), you can press ENTER while the prompt PRESS SPEED ▲ TO BEGIN scrolls across the display. Doing so takes you back to the TIME prompt and you can reenter information from there.

## Cooling Down After a Workout

Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness.

When you complete a program with a time limit or distance goal, you automatically enter a 5-minute cool-down period. The Manual (MANL) Program profile appears in the display, the running belt speed is reduced by 20%, and the incline is set to 0%. To adjust the speed and incline, press the arrow keys.

A workout summary appears at the end of the 5-minute cool-down period. Refer to *Ending a Workout*.

***Important:*** *If you press QUICKSTART, the automatic 5-minute cool-down period does not occur. If you exit a program before completing it, then the cool-down period is bypassed.*

To prematurely end the 5-minute cool-down period, do the following:

1. Grasp the handrail with one hand.
2. Press the STOP key with your other hand. The treadmill enters pause mode.
3. Press and hold the HOLD TO RESET key for two seconds. WORKOUT SUMMARY scrolls across the display.
4. Press HOLD TO RESET to return to the banner.

## Pausing During a Workout or the Cool-Down Period

Press the STOP key to pause anytime during a workout or during a cool-down period. The pause mode is limited to ten minutes. If you do not resume exercising during that time, the display returns to the banner.

The WORKOUT SUMMARY appears after you press and hold the HOLD TO RESET key for two seconds. Press HOLD TO RESET to return to the banner before the time limit expires.

Note: To resume exercising from pause mode, press SPEED ▲.

## Ending a Workout

CAUTION: Hold on to the handrail when you near the end of a workout.

The treadmill stops the running belt when you complete the automated cool-down period. After the running belt stops, TIME stops accruing.

You hear several beeps and WORKOUT SUMMARY scrolls across the center display. The WORKOUT SUMMARY shows your cumulative workout statistics including warm-up and cool-down periods. Other information including speed and incline reset to zero. Toggle between the DISTANCE and CALORIES displays using the PROGRAM/SELECT key. You can review your workout statistics for 10 minutes before the display resets to the banner.

Note: If you choose to exercise with no set time limit, you must manually end a program by pressing the STOP key. You can also press the SPEED ▼ key until the speed is reduced to zero and the running belt stops.

# Programs

This section describes the programs printed on the display label.

## Choosing a Program

Choosing a program depends on your goals. If you are a beginner or returning to regular exercise, you can start a cardio-conditioning program to slowly return your body to a comfortable level of exercise. If you have been exercising and feel that you have an intermediate or advanced fitness level, you probably have established goals. The Precor web site (www.precor.com) can give you many ideas about fitness workouts and advice from the experts.

Several workout choices on the treadmill are preprogrammed with recommendations for incline levels, pace, and alternating rest or work intervals. You always have the option to override the suggested levels with the exception of the Heart Rate Control Programs.

If your level of exertion becomes too great, reduce you pace or use the arrow keys to override each upcoming segment in the program profile. If you use the arrow keys, the program profile changes accordingly. When you complete a program that contains a time limit, an automatic 5-minute cool-down period begins.

Table 3 shows the programs that have preset inclines.

**Table 3. Preset incline programs**

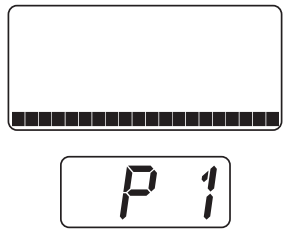
| ***Program*** | ***Program Abbreviation*** | ***M9.23*** | ***M9.27*** |
|---|---|---|---|
| Weight Loss | WLS | P2 | P2 |
| Random | RAND | P4 | – |
| 5K Course | 5K | – | P4 |
| Walk | WALK | P5 | – |
| 10K Course | 10K | – | P5 |
| Rolling Hills | ROLL | – | P6 |
| Hill Climb | HILL | – | P7 |

Note: The Manual, Interval, and Heart Rate Control Programs prompt you for more information and require more user interaction throughout the workout.

## Program Tips

- Work out indefinitely in any program (except Weight Loss). At the TIME prompt, specify 0:00. While you exercise, TIME indicates the amount of time you have been exercising. If you choose to exercise without a time limit, the automatic 5-minute cool-down period is eliminated. You will need to incorporate a cool-down period by accessing the Manual Program.
- Place a time limit on any program during the setup phase. At the TIME display specify the time duration for your workout. While you exercise, TIME indicates the amount of time remaining.
- A blinking column tracks the progress that you make during a program.

## Manual (MANL) Program

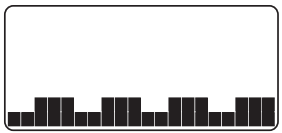



You control incline and speed settings when you use the Manual Program. The profile begins as a flat line. Use the arrow keys to change the speed or to adjust the incline. The program profile reflects changes in all subsequent columns. The blinking column indicates your position in the program.

If you press QUICKSTART at the banner and access the Manual Program, the workout time is unlimited. A cool-down period does not automatically occur when you end your workout. Always remember to incorporate a cool-down period into your workout.

To use the SmartRate feature, you need to specify your age. Refer to *Selecting a Program*.

## Weight Loss (WLS) Program



With the Weight Loss Program, the workout time is fixed at 28 minutes and consists of seven, 4-minute intervals. You are not prompted for a workout time.

For ideal weight loss range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. Set a comfortable pace and adjust the speed and incline to meet the target rage. Refer to *Heart Rate Features*.

Note: To view the heart rate and M9.27 SmartRate features, the heart rate receiver must be installed in the display. You must enter your age during setup and wear the chest strap. To purchase the heart rate option for the M9.23 treadmill, contact your local dealer. Refer to *Obtaining Service*.

Use the arrow keys to change the speed or the incline for the rest or work interval. Refer to Diagram 7. When you make changes, the software repeats the settings for the remaining intervals. During a workout, two audible beeps occur when an upcoming interval column changes the speed of the running belt.

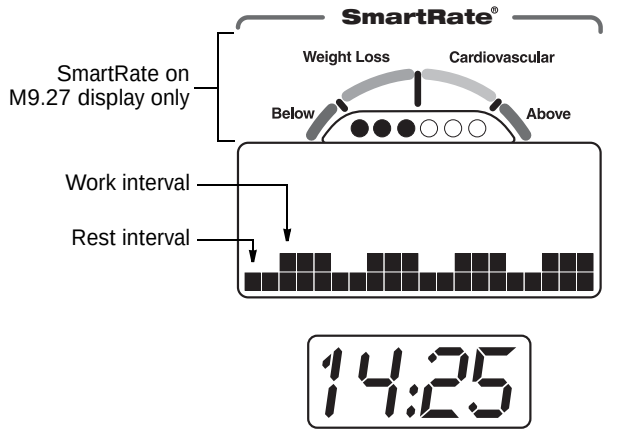
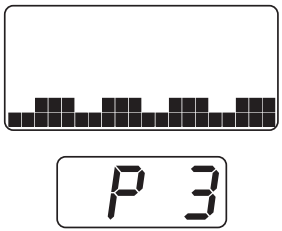



**Diagram 7: Rest and work intervals in Weight Loss Program**

## Interval (INTV) Program




The Interval Program is among the best for conditioning your cardiovascular system. The program raises and lowers your level of exertion repeatedly for a specified period of time.

When you begin the program, the speed and incline are preset. You can change the speed and incline levels using the arrow keys. Refer to Diagram 8. The settings are repeated throughout the program.

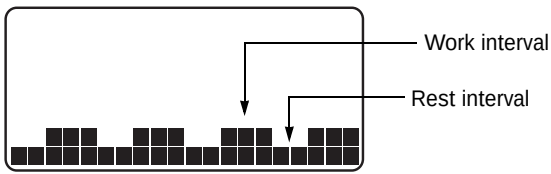
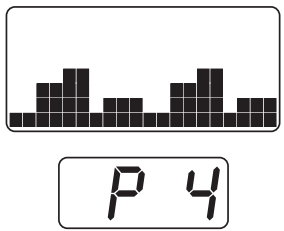



**Diagram 8: Rest and work profile in the Interval Program**

To change a setting, press the appropriate arrow key and continue. The change is applied to the remaining intervals. Two audible beeps let you know when the speed is about to change.

When you complete the program, any changes made to the incline and speed settings are not saved.

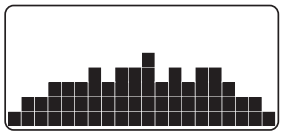
## Random (RAND) Program




Every time the Random Program is selected on the M9.23, a different program profile appears. The columns that appear in the program profile maintain a set incline that you can override using the INCLINE arrow keys. The incline is preset to zero for the first column. The maximum incline change allowed between columns is plus or minus 4%.

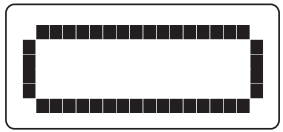
The running belt speed is completely under your control and can be adjusted using the SPEED arrow keys.

## Walk (WALK) Program



The M9.23 Walk Program is a great cardio-conditioning program for both beginners and serious walkers. The incline is preprogrammed. The percentage of incline and the frequency with which the columns change determine the level of difficulty. You can change the speed and override the preprogrammed incline using the arrow keys. As you move through the program, the columns are repeated until the time limit is reached.

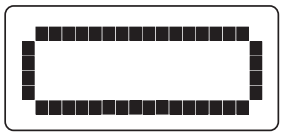
## 5K (5K) Course



The 5K course is a great M9.27 program to run or walk depending on your level of fitness. The distance is fixed at 5 km (3.1 miles) and incline is preprogrammed. You can change the speed and override the preprogrammed incline using the arrow keys. The course profile appears as an oval track. A blinking LED indicates your position on the track. One “lap” around the track represents 440 yards (400 meters). You will have completed 12½ laps by the time you complete the course.

The TIME display shows the amount of time you have been exercising. For comparison purposes, keep track of your time to note changes as you increase your fitness and endurance levels.

## 10K (10K) Course



The distance for the M9.27 10K course is fixed at ten kilometers (6.2 miles) and the incline is preprogrammed. You can change the speed and override the preprogrammed incline using the arrow keys.

The course profile appears as an oval track. A blinking LED indicates your position on the track. One “lap” around the track represents 440 yards (400 meters). You will have completed 25 laps by the time you complete the course.

The TIME display shows the amount of time you have been exercising. For comparison purposes, keep track of your time to note changes as you increase your fitness and endurance levels.

## Heart Rate Control (HRC) Program

The M9.23 Heart Rate Control (HRC) Program lets you set a target for your heart rate. The program adjusts the incline to maintain your heart rate within two beats per minute of the target heart rate (THR) while you exercise. The initial THR is determined using a simple calculation:

(220 minus your age) multiplied by 70%

During your workout, the number that represents your heart rate appears in the HEART RATE display.

For information about understanding your target heart rate, refer to *Heart Rate Features*.

***Important:*** *Consult your physician to determine the appropriate target heart rate for your age and fitness level. If your physician recommends a different target heart rate than the one that appears on the display, use the INCLINE arrow keys to change the target heart rate once you finish the warm-up period. Do not work out over the recommended range.*

Note: Review the heart rate feature *Guidelines* before proceeding with the HRC Program.

### Warm-up Period

The treadmill provides a 3-minute, warm-up period. During this time, you may change the incline or speed.

Note: If your heart rate moves into the target heart rate zone during the 3-minute, warm-up period, the warm-up period ends and the Heart Rate Control Program begins.

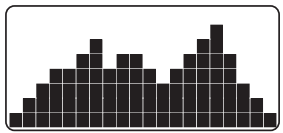
### Using the HRC Program

When the warm-up period concludes,

- The treadmill automatically adjusts the incline to keep your heart rate at the selected target. Pressing the INCLINE arrow keys no longer affects the incline lift, but does change the target heart rate.
- You can change the target heart rate or speed of the running belt, but doing so affects the unit's ability to maintain your target heart rate in the preferred zone. It takes time for the treadmill to readjust the incline so that your heart rate remains on target.

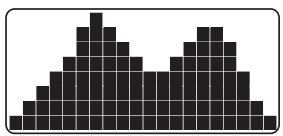
  Note: If you are having difficulty with the heart rate features, refer to *Advanced Programming and Troubleshooting*.

## Rolling Hills (ROLL) Program



The Rolling Hills Program on the M9.27 provides preprogrammed inclines over the length of the program. It is a good endurance-building program because of the range of incline. You can change the speed and override the preprogrammed inclines using the arrow keys. The blinking column indicates your position in the program. Changes to incline affect only the blinking column.

## Hill Climb (HILL) Program



The Hill Climb Program on the M9.27 is great for endurance building. The program uses the full range of incline (0% to 15%). You can change the speed or override pre-programmed inclines using the arrow keys. The blinking column indicates your position in the program. Changes to incline affect only the blinking column.

## Custom (C1 or C2) Program

The C1 and C2 Programs on the M9.27 treadmill let you design customized programs to meet your fitness goals. For more information, refer to *Customizing a Program*.

## Heart Rate Control (HR1 or HR2) Program

The M9.27 has two Heart Rate Control Programs where you set a target for your heart rate. The treadmill adjusts the incline to maintain your target heart rate within two beats per minute of the target heart rate while you exercise. The initial target heart rate (THR) is determined using a simple calculation, shown in Table 4.

Select a Heart Rate Control Program, based on the following information:

- Choose HR1 to maintain your heart rate at 65% of your maximum aerobic heart rate. During your workout, the SmartRate LEDs appear in the weight loss zone.
- Choose HR2 to maintain your heart rate at 80% of your maximum aerobic heart rate. During your workout, the SmartRate LEDs appear in the cardiovascular zone.

**Table 4. Target heart rate calculations for M9.27**

| ***Program*** | ***Calculation*** | ***Target Heart Rate Zone*** |
|---|---|---|
| HR1 | (220 minus age) multiplied by 65% | 65% Weight Loss |
| HR2 | (220 minus age) multiplied by 80% | 80% Cardiovascular |

During your workout, the number that represents your heart rate appears in the HEART RATE display.

For information about understanding your target heart rate, refer to *Heart Rate Features*.

***Important:*** *Consult your physician to determine the appropriate target heart rate for your age and fitness level. If your physician recommends a different target heart rate than the one that appears on the display, use the INCLINE arrow keys to change the target heart rate once you finish the warm-up period. Do not work out over the recommended range.*

Note: Review the heart rate feature *Guidelines* before proceeding with the HRC Program.

### Warm-up Period

The treadmill provides a 3-minute, warm-up period. During this time, you may change the incline or speed.

Note: If your heart rate moves into the target heart rate zone during the 3-minute, warm-up period, the warm-up period ends and the Heart Rate Control Program begins.

### Using the HRC Program

When the warm-up period concludes,

- The treadmill automatically adjusts the incline to keep your heart rate at the selected target. Pressing the INCLINE arrow keys no longer affects the incline lift, but does change the target heart rate. On the M9.27, you can check the SmartRate display to see if you are maintaining your preferred zone (weight loss or cardiovascular).
- You can change the target heart rate or speed of the running belt, but doing so affects the unit's ability to maintain your target heart rate in the preferred zone. It takes time for the treadmill to readjust the incline so that your heart rate remains on target.

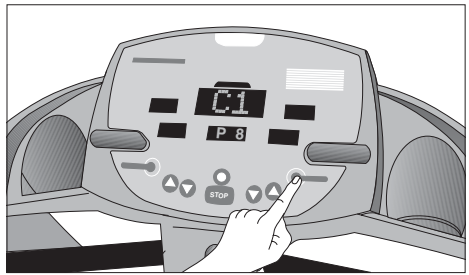
  Note: If you are having difficulty with the heart rate features, refer to *Advanced Programming and Troubleshooting*.

# Customizing a Program

The C1 and C2 Programs on the M9.27 treadmill let you design a customized workout before the running belt even begins moving. This section explains how you can program a new custom profile or “draw over” an existing one.

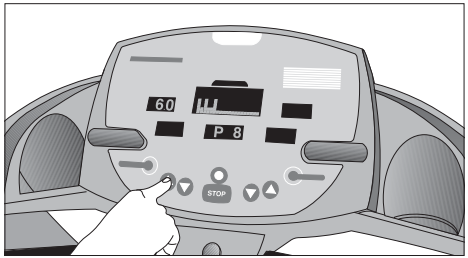
The keypad provides different functions while programming.

| *Key* | *Description* |
|---|---|
| INCLINE ▲ or ▼ | Affects the height of the column. |
| ENTER/SELECT | Moves the blinking LED from column to column. |
| ENTER/SELECT | Press and hold ENTER/SELECT for a few seconds to accept the changes and store the custom program in memory. |
| HOLD TO RESET | Press HOLD TO RESET for at least two seconds to exit the custom programming mode without saving any changes. This reinstates the custom course that existed before your changes and the display returns to the banner. |




1. To enter the programming mode, press and hold ENTER/SELECT while C1 or C2 appears on the display.

   A blinking LED appears at the top of the far-left column and indicates the starting position. Any incline changes that you make occur only in that column.




2. To begin modifying the course profile, use any INCLINE arrow key. The available incline range is 0% to 15%.
3. To move to the next column, press the ENTER/SELECT key.

   A course consist of 20 columns. When you reach the last column (number 20), pressing ENTER/SELECT returns back to the first column (number 1).
4. When you have finished making changes, press and hold the ENTER/SELECT key for a few seconds to save the profile and use it during a future workout. The TIME prompt appears.
5. If you wish to begin a workout, enter a time limit for the program and continue answering the remaining setup prompts.

# Advanced Programming and Troubleshooting

Certain features remain hidden and can only be accessed using special key presses. Read this section if you are interested in learning how to:

- Change the display to U.S. standard or Metric
- View the odometer
- Display the number of hours you have used your treadmill
- View the model and software version

## Programming Tips

- You have a 2-second window to access diagnostics mode. You may want to ask another adult for help. When you turn the treadmill ON, all the LEDs on the display light for two seconds. During this 2-second period, you need to press the appropriate keys quickly and without pause.
- Always start at the PRESS QUICKSTART OR PROGRAM banner prompt.
- Use the SELECT/ENTER, QUICKSTART, and ▼▲ keys while in the diagnostics mode.
- Exit the diagnostics mode by pressing the HOLD TO RESET key for two or more seconds.

## Selecting a U.S. Standard or Metric Display

The treadmill can display measurements in either METRIC or U.S. STANDARD. The default factory setting is set to display U.S. STANDARD. To change this setting, perform the following steps:

1. Turn the treadmill OFF and ON.
2. Within two seconds, press the following keys in sequence without hesitating:

   STOP, INCLINE ▲, SPEED ▼
3. The current unit of measure (MILES or KM) appears in the center display. If you wish to use U.S. standard settings, select MILES. If you prefer Metric settings, select KM.

   Any ▼ or ▲ key lets you alternate between the prompts.

   Note: Changing the display to Metric measurements affects the default settings. Distances and the odometer value are converted to and appear in kilometers (KM). Speed appears in kilometers per hour. If you use QUICKSTART, the weight is set at 68 kg.

4. Press ENTER to accept the displayed setting.

   the change will be retained in memory even if the treadmill is turned OFF and unplugged.

5. If you want to exit without saving the change, press STOP.

## Informational Displays

The treadmill provides information about its use (odometer and hour meter), as well as model and software version. In general, you would only access this information if directed to do so by Precor Customer Support.

These instructions guide you through the informational displays. Pressing the ENTER/SELECT key moves you through the displays. To exit, press the HOLD TO RESET key at any time.

### Viewing the Odometer

1. Turn the treadmill OFF and ON.
2. Within two seconds, press the following keys in sequence and without pause:

   STOP, INCLINE ▼, SPEED ▲

   Note: If the keys are not pressed within the 2-second window, the banner returns and you must begin again.

   MILE appears in the center display. The odometer value (the cumulative miles users have traveled) appears in the DISTANCE/CALORIES and TIME displays. The furthest digit on the left marks the hundred-thousandths position, while the furthest digit to the right indicates tenths of a mile. Refer to Diagram 9.

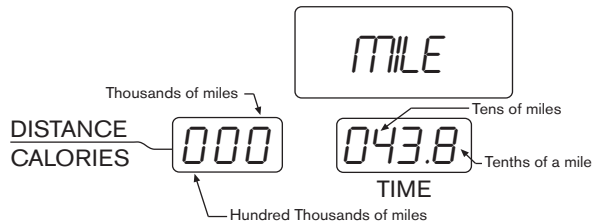



**Diagram 9: Understanding odometer display**

3. When you are ready, press ENTER/SELECT to move to the next display (HOUR).

## Viewing the Hour Meter

HOUR appears in the center display. The number of hours that the unit has been in use appears in both the DISTANCE/CALORIES and TIME displays. The hour meter resets to zero after 99,000 hours. Refer to Diagram 10.

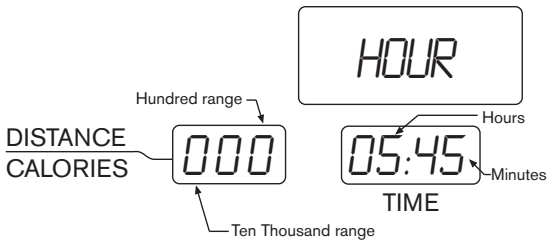



**Diagram 10: Understanding hour meter display**

4. If desired, you can press ENTER/SELECT to return to the odometer display. ENTER/SELECT toggles between MILE and HOUR information.
5. When you are ready, press QUICKSTART to move to the next display (model and software version).

## Viewing the Model and Software Version

The unit's model number and software version appear in the TIME display. Refer to Diagram 11.

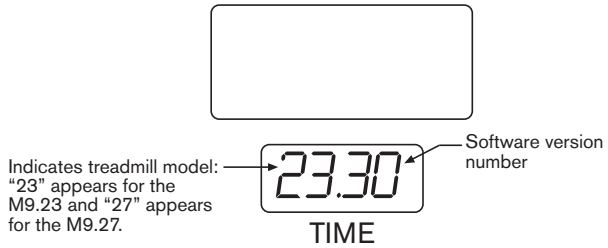



**Diagram 11: Understanding the model and software version display**

6. When you are ready, press the HOLD TO RESET key for more than two seconds to return to the banner.

## Red Reset Button

A red button near the power switch resets the unit. Do not use this button indiscriminately; it is attached to a thermal circuit breaker. If the circuit breaker trips, it may mean the unit is overheating. Excessive heat can damage the electronic boards on the unit. Move the treadmill if it is placed near a heating duct and call Precor Customer Support.

To reset the system, turn the power switch OFF. Wait a few minutes and then push the red reset button. Press the power switch ON. Check that the banner is scrolling across the display. If the display remains blank, call Precor Customer Support. Refer to *Obtaining Service*.

## Troubleshooting Error Codes

Initially, when the unit is turned ON, the display lights all the LEDs. If any are dark, call an authorized service person for assistance.

The following table shows the error codes that may appear in the TIME display. If you see these error codes, codes, call an authorized service person for assistance because the treadmill needs to be recalibrated. Refer to *Obtaining Service*.

| ***Code*** | ***Description*** |
|---|---|
| LS | Speed signal is not being received. |
| Err | EEPROM is damaged. |
| E2 | A problem occurred with the lift. |
| E4 | Incomplete calibration. |

## Troubleshooting Heart Rate Issues

The following chart may help you understand and troubleshoot erratic heart rate readings.

Note: A heart rate can only be detected when the Precor heart rate receiver is properly installed in the display and the unit is turned ON. You must also wear the chest strap during a workout.

**Table 5. Erratic heart rate readings**

| ***What appears on the display*** | ***Cause*** | ***What to Do*** |
|---|---|---|
| Nothing | The heart rate receiver is not installed or it has been disconnected. | Turn the unit ON. Be sure the heart rate receiver is installed properly. Be sure the chest strap is moist, centered, and in direct contact with your skin. |
| HR | Setup phase, heart rate detected | Begin your workout and your heart rate should appear. |
| ♥ ? | Heart rate is not detected when you access the Heart Rate Control Program | Be sure the chest strap is moist, centered and in direct program contact with your skin. Stand within three feet of the display and face it. Allow a few seconds for the receiver to detect a signal. |

Note: To conduct electrical impulses from a user's heart, the electrode strips on the chest strap must be in contact with the user's skin. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However, because of body chemistry or erratic heartbeats, some people cannot use the heart rate feature.

# Maintenance

It is important to perform the minor maintenance tasks described below. Failure to maintain the treadmill as described in this section could void the Precor Limited Warranty.

**DANGER** To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning it or performing any maintenance tasks.

## Inspection

Inspect the treadmill daily.

1. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may need service. If you notice any of these things, obtain service.

   ***Important:*** *If you determine that the treadmill needs service, make sure that the treadmill cannot be used inadvertently. Turn the unit OFF, and then unplug the power cord from its power source. Remove the red magnet and safety clip and store it in a safe place. Make sure other users know that the treadmill needs service.*

2. Check for worn, frayed, or missing safety lanyards. Replace missing or worn safety lanyards immediately. A safety lanyard with its safety clip must be attached to the treadmill's red magnetic button.

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

## Cleaning the Equipment

Most of the working mechanisms are protected inside the hood and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit's running belt, staging platforms, and internal mechanisms must be as clean as possible.

Precor recommends the treadmill be cleaned before and after each workout. Use mild soap and water to dampen a soft cloth ad wipe all exposed surfaces. This helps remove any dust or dirt.

CAUTION: Do not use any acidic cleaners. Doing so will void the Precor Limited Warranty. Never pour water or spray liquids on any part of the treadmill. Allow the treadmill to dry completely before using.

Periodically, clean the running belt using a soft nylon scrub brush. Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.

## Storing the Chest Strap

Store the chest strap where dust and dirt cannot accumulate on it, such as a closet or drawer. Be sure to keep the chest strap protected from extremes in temperature. Do not store it in an area that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

## Checking the Alignment of the Running Belt

Proper belt alignment allows the belt to remain centered for smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support. Refer to *Obtaining Service*.

CAUTION: Special care must be taken when aligning the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

1. The treadmill has adjustable rear feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.
2. Turn the unit ON.

   Note: The treadmill will not operate unless the red magnet is appropriately placed on the display console.
3. Stand beside the treadmill and press QUICKSTART.

   The running belt starts automatically after a 3-second countdown appears on the display.

4. Press the SPEED ▲ key until the display shows a speed of 3 mph (5 kph).

   CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the STOP key. Contact Precor Customer Support.

5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should be centered on the platform. If the belt drifts off center, you must make adjustments.

   ***Important:*** *If the belt needs alignment, make the adjustments at once. Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*

6. To stop the running belt, press the STOP key.

7. Turn the treadmill OFF.

## Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support (see *Obtaining Service*).

CAUTION: Always use the I/O power switch to turn OFF the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill. Refer to Diagram 12.

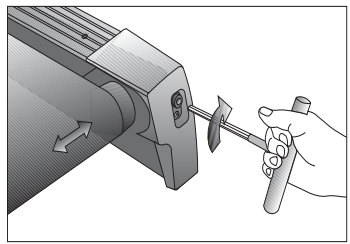


**Diagram 12: Adjusting belt location**

To determine left and right, stand at the rear of the treadmill and face the display.) Make all belt adjustments on the right rear corner bolt using the hex key provided.

- If the belt is off center to the LEFT, turn the adjusting bolt ¼ turn counterclockwise, which moves the running belt to the right.
- If the belt tracks off center to the RIGHT, turn the bolt ¼ turn clockwise; this moves the belt to the left.

***Important:*** *Do not turn the adjusting bolt more than ¼ turn at a time. Overtightening the bolt can damage the treadmill.*

2. Recheck the alignment of the running belt.

## Servicing the Treadmill

Do not attempt to service the treadmill yourself except for the maintenance tasks described in this manual. The unit does not contain any user-serviceable parts that require lubrication. For information about product operation or service, call 1-800-347-4404.

## Long-Term Storage

When the treadmill is not in use for any length of time, turn it OFF. Make sure that the power cord is unplugged from its power source and is positioned so that it will not become damaged or interfere with people or other equipment. Remove the red magnet and safety clip. Store it in a safe place to prevent unauthorized use.

# Precor Residential Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

## Limited Warranty

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty period set forth below. The warranty period commences on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make claim under warranty, the buyer must notify Precor or their authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

## Warranty Periods and Coverage

All residential products and commercial products used in the home are warranted for the following periods:

- Lifetime frame and welds
- 10 years parts and wear items
- 1 year labor
- Coverage for options and accessories defined below.

## Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

## Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while:
   a. It remains in the possession of the original purchaser and proof of purchase is demonstrated
   b. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications
   c. Claims are made within the warranty period
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
3. Warranty of all Precor products applies to residential use only and is void when products are used in a nonresidential environment or installed in a country other than where sold.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

## This limited warranty shall not apply to:

1. Software version upgrades
2. Cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

## Disclaimer and Release

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some states do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM, OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

## Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

## Exclusion of Consequential and Incidental Damages

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COST INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply.

This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

Effective 01 January, 2003
P/N 36287-110

## Thank You and Welcome to Precor

PRECOR® USA
move beyond®

To allow us to serve you better, please take a few moments to complete and return your warranty registration.

**YOU MAY ALSO REGISTER ONLINE AT**

**www.precor.com/warranty**

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed before mailing.

RET.

PRECOR® USA
Precor Incorporated
20031 142nd Avenue NE
PO Box 7202
Woodinville, WA 98072-4002

PLACE
STAMP
HERE

## TELL US ABOUT YOUR NEW PRECOR PRODUCT

**Date of Purchase:** Month Day Year

**Product Serial Number:** The serial number is located on the shipping box and on the product.

**Purchased from:** Dealer Name

**Please indicate the type of product purchased:**

- ❑ Elliptical Fitness CrossTrainer™ (EFX®)
- ❑ Treadmill
- ❑ Strength Training System
- ❑ StretchTrainer™
- ❑ Cycle
- ❑ Stair Climber

## TELL US ABOUT YOU

❑ Mr.
❑ Mrs.
❑ Ms.

First Name Middle Initial Last Name

Street Address Apt./Suite:

City State Zip Code

Area Code Telephone

Your Email Address

**Gender:**
- ❑ Male
- ❑ Female

**Marital status:**
- ❑ Married
- ❑ Divorced
- ❑ Widowed
- ❑ Never been married

**Age**:
- ❑ Under 18
- ❑ 18-24
- ❑ 25-34
- ❑ 35-44
- ❑ 45-54
- ❑ 55-64
- ❑ 65+

**Annual household income:**
- ❑ Under $50,000
- ❑ $51,000-75,000
- ❑ $76,000-100,000
- ❑ $101,000-150,000
- ❑ $151,000+

**What are your fitness goals?**
- ❑ Weight loss/management
- ❑ Muscle tone enhancement
- ❑ Cardiovascular improvement
- ❑ Overall health
- ❑ Increase energy and flexibility
- ❑ Stress reduction
- ❑ Rehabilitation
- ❑ Other

## TELL US ABOUT YOUR PURCHASE

**Purchase (check all that apply):**
- ❑ First Precor product
- ❑ Replaces a Precor product of the same type
- ❑ Replaces same type of product – different brand
- ❑ Addition to equipment currently owned

**What factors MOST influenced your decision to purchase your Precor product (choose up to three):**
- ❑ Precor reputation
- ❑ Prior use of Precor product(s)
- ❑ Design/appearance
- ❑ Special product features
- ❑ Physician recommendation
- ❑ Rebate or sale price
- ❑ Quality/durability
- ❑ Warranty
- ❑ Value for the price

**How did you FIRST become aware of Precor products (choose only one):**
- ❑ A gift
- ❑ Friend/relative
- ❑ Physician
- ❑ Fitness club
- ❑ Internet
- ❑ News report or product review
- ❑ Magazine advertisement or article
- ❑ Print advertisement
- ❑ In-store display or demonstration
- ❑ Other

Please detach and mail in the warranty registration within ten days of purchase.

Effective 28 June 2004
P/N 45623-102

# M9.23 / M9.27 Low Impact Treadmills

## Product Specifications

| | |
|---|---|
| Length: | 77 in (196 cm) |
| Width: | 31 in (79 cm) |
| Height: | 56 in (143 cm) |
| Weight: | 258 lb (117 kg) |
| Shipping weight: | 280 lb (127 kg) |
| Running surface: | 57 in x 20 in (145 cm x 51 cm) |
| Motor: | 3.0 hp Continuous duty |
| Power: | 120 VAC, 50/60Hz |
| Speed: | 0.5–12 mph (0–20 kph) |
| Incline: | 0–15% grade |
| Frame: | Powder-coated steel |
| Regulatory Approvals: | CSA 22.2 No. 335 |

## Product Features

Heart Rate Telemetry
QuickStart™
SmartRate®

## M9.27 Programs:

Manual
Weight Loss
Interval
5K Course
10K Course
Rolling Hills
Hill Climb
Custom 1
Custom 2
Heart Rate Weight Loss*
Heart Rate Cardiovascular*

## M9.23 Programs:

Manual
Weight Loss
Interval
Random
Walk
Heart Rate Control*

## Display Readouts:

| | |
|---|---|
| Calories | Pace |
| Course Profile | SmartRate®* (M9.27) |
| Distance | Speed |
| Heart Rate* | Time |
| Incline | |

* Chest strap required.

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Precor Incorporated
20031 142nd Ave NE
P.O. Box 7202
Woodinville, WA USA 98072-4002

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Specifications subject to change without notice.
www.precor.com

NOTICE:
Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

M9.23/M9.27 OM# 47910-104
Warranty # 36287-110
Registration Card# 45623-102
13 October 2005

# QUICKSTART™

PRECOR® USA
move beyond®

**CAUTION: Before using the treadmill, read all these instructions. Failure to do so may result in serious injury.**

- Do not allow children or those unfamiliar with its operation on or near the treadmill.
- Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.
- At the beginning of a workout, straddle the belt by placing your feet firmly on the right and left staging platforms.
- Always face the display and use the handrail for balance. Never attempt to turn around on the treadmill while the running belt is moving.
- If you feel pain, faintness, or dizziness, stop exercising immediately.

## Use the Safety Clip

Always attach the safety clip to your clothing before each workout and attach the opposite end (the red magnet) to the display console. A tug on the lanyard dislodges the safety switch and stops the running belt.

If the safety switch trips while you are exercising, the treadmill does not retains your workout statistics. To resume your workout, reattach the magnet, reattach the safety clip to your clothing, and select a program from the banner.

# 9.23
# 9.27

## Low Impact Treadmills

## Workout Tips

- Before and after a workout, gently stretch your lower body and back to help prevent stiffness or soreness.
- At the beginning of a workout, take several minutes to bring your heart rate into your target zone (shown in Diagram D on the other side of this card).
- Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness and soreness.

## Begin Your Workout with QUICKSTART

1. Turn ON the treadmill, using the I/O power switch on the front panel.
2. Step on the treadmill.
3. Face the display and straddle the running belt.
4. Attach the safety clip to your clothing.
5. Hold on to the handrail with one hand.
6. Press QUICKSTART.

   Audible beeps are heard and the running belt starts moving after a 3-second countdown appears on the center display. The Manual (MANL) Program begins.

   **Note:** If you prefer a different program, refer to your owner's manual.
7. Step on to the running belt with the speed at 1 mph (1.5 kph), and begin exercising.
   - To increase the belt speed, press SPEED ▲.
   - To increase or decrease the incline or speed, use the INCLINE or SPEED arrow keys.
   - To pause, press the red STOP button.
8. Enter a cool-down period by lowering the speed and incline. End your workout by pressing STOP.
9. Review your workout summary. The display shows your cumulative time, distance, and the number of calories burned during your workout.
10. Remove the safety clip from your clothing and hold on to the handrail as you step off the treadmill.
11. To prevent unauthorized use, turn the treadmill OFF.

M9.2x QSC 47909-104, 13 October 2005, en

## Choose a Program

- Determine your level of fitness: beginner, intermediate, or advanced.
- Determine your immediate goal: endurance training, cardio-conditioning, or weight loss.

If you are a beginner, start a cardio-conditioning program to slowly adjust your body to a comfortable level of exercise. Over a recommended 8-week period, you will increase your endurance and strength while improving flexibility.

If you have been exercising and feel that you have reached an intermediate or advanced fitness level, you probably have established goals for yourself.

For all fitness levels, plan to exercise at a comfortable pace for 20 to 30 minutes a day. Wear a chest strap to monitor your heart rate. Supplement your plans with fitness workouts from the Precor website (www.precor.com). The Precor website provides numerous fitness workouts and expert advice to help you reach your fitness goals.

## Wear a Chest Strap

During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the strap needs to be in direct contact with your skin. Be sure to wear the chest strap underneath your clothing.

**Note:** The Precor heart rate receiver must be properly installed in the display console before a heartbeat can be detected. Check with your dealer to make sure it is installed in your product.

1. Carefully dampen the back of the strap with tap water (Diagram A).

   ***Important::****Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.*

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive (Diagram B).

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest (Diagram C).

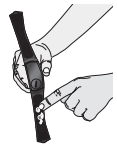

**Diagram A**

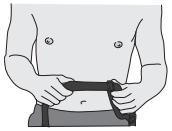

**Diagram B**

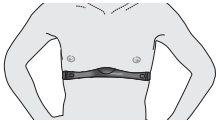

**Diagram C**

When these steps are complete, you are ready to view your heart rate!

## SmartRate® and Heart Rate Features

The SmartRate and heart rate displays provide visual cues that help you adjust your fitness routine to reach your goals. Use these features to keep your heart rate within the target zones for weight loss or cardio-conditioning.

When you begin a workout, a blinking segment in the SmartRate display appears if you entered your age during the setup phase. The blinking segment indicates the current zone of your heart rate: weight loss or cardiovascular. For the ideal weight loss range, your heart rate should remain between 55% and 70% of your maximum aerobic heart rate. To improve your overall cardiovascular and respiratory fitness level, maintain your heart rate between 70% and 85% of your maximum aerobic heart rate.

For the greatest benefits, maintain your heart rate in either zone (weight loss or cardiovascular) for 30 minutes or more at least three times a week.

**CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate or go above your target zone (Diagram D).**

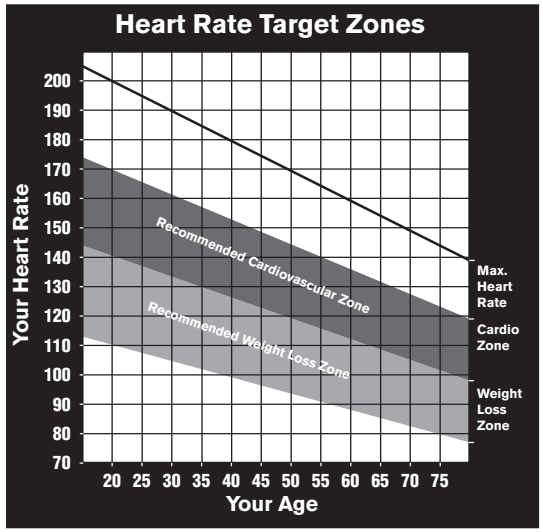


**Diagram D**

## Cool Down After Your Workout

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least three minutes helps provide a smooth transition that allows your heart rate to return to its normal, non-exercising state.

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**www.precor.com**

# Assembly Guide

PRECOR® USA
move beyond®

## M 9.23
## M 9.27

Low-Impact Treadmills

Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the treadmill according to these guidelines, you could void the Precor Limited Warranty.

## Obtaining Service

You should not attempt to service the treadmill except for minor belt adjustments and maintenance tasks as described in the owner's manual. For information about product operation or service, refer to the Precor website at www.precor.com or call Precor Customer Support at 1-888-347-4404. If any items are missing, contact your dealer or call 1-800-4-PRECOR for the dealer nearest you.

## Unpacking the Equipment

The treadmill is carefully tested and inspected before shipment. The unit is shipped in one box. Ask for help from two or more people to unpack and assemble the treadmill.

## Required Tools

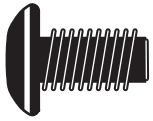
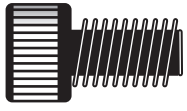
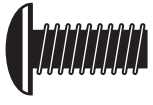
- 17mm or 11⁄16-inch wrench
- String
- Tape
- Wire tie cutter

## Installation Requirements

Follow these installation requirements when assembling the unit:

- **Assemble the unit near the location where you plan to use it.**
- **Provide ample space around the unit.**
  Open space around the unit allows for easier access.
- **Set up the unit on a solid, flat surface.**
  A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.
- **Open the box and assemble the components in the sequence presented in this guide.**
- **Insert all bolts in the same direction.**
  For aesthetic purposes, insert all the bolts in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.**
  Tighten fasteners (bolts, nuts, and screws) so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed to do so.

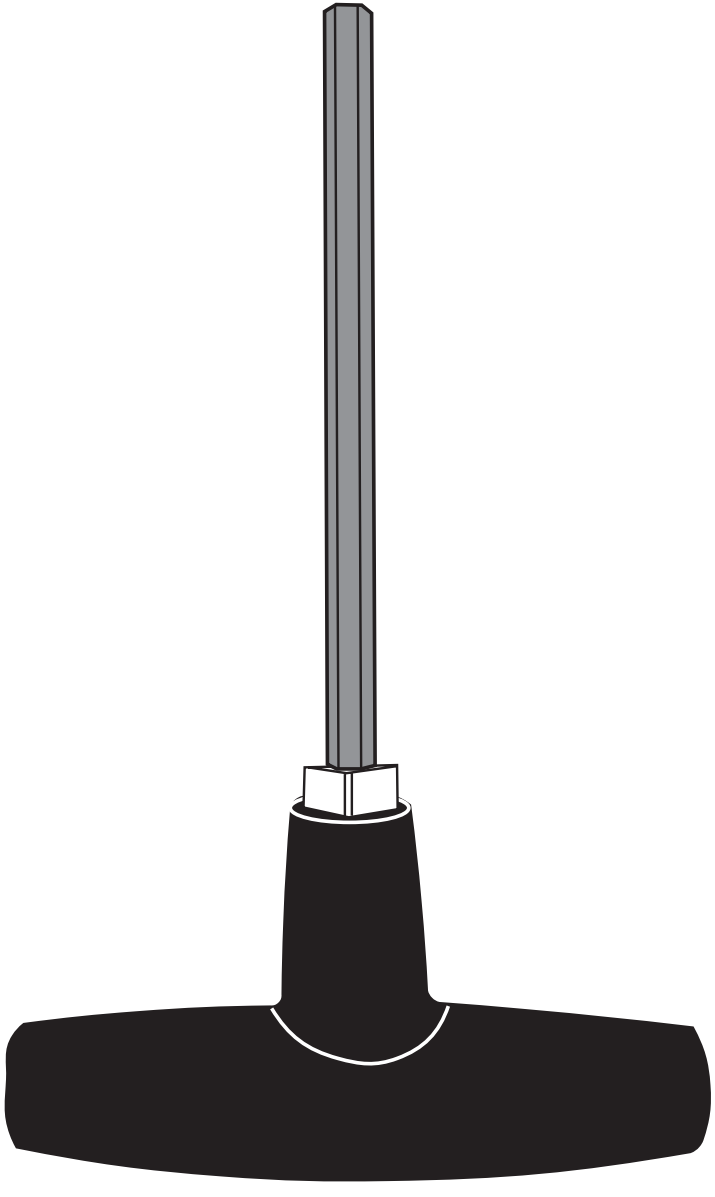
# Hardware Kit (not to scale)

| Fasteners | | M9.27 Quantity | M9.23 Quantity |
|---|---|---|---|
|  | (A) Buttonhead screw (M8 x 15 mm) | 4 | 4 |
| | (B) Washer (M8) | 10 | 10 |
|  | (C) Socket head screw (M8 x 15mm) | 6 | 6 |
|  | (D) Buttonhead screws (M6 x 15mm) | 10 | 4 |
| | (E) Washer (M6) | 8 | 4 |
| | (F) Buttonhead screw (M8 x 130mm) | 2 | |

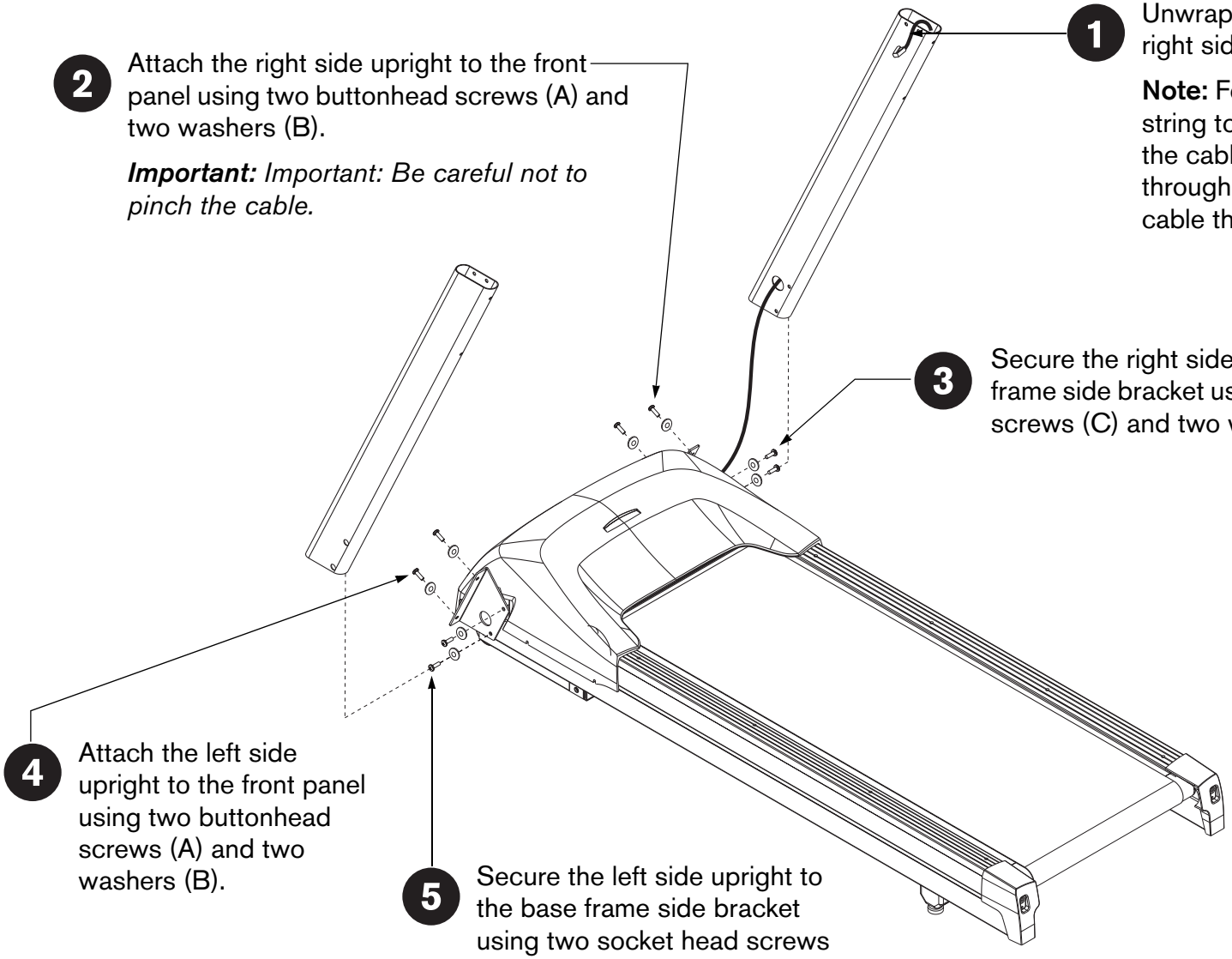
1 – 4mm hex key

1 – 5mm hex key

1 – 6mm T-handle hex key



# Assembly Steps



**1** Unwrap the cable and feed it through the right side upright. Tape the cable to the top.

**Note:** For easier assembly, tie a piece of string to a washer. Tie the opposite end to the cable connector. Slide the washer through the hole in the upright. Pull the cable through and tape it to the top.

**2** Attach the right side upright to the front panel using two buttonhead screws (A) and two washers (B).

***Important:*** *Important: Be careful not to pinch the cable.*

**3** Secure the right side upright to the base frame side bracket using two socket head screws (C) and two washers (B).

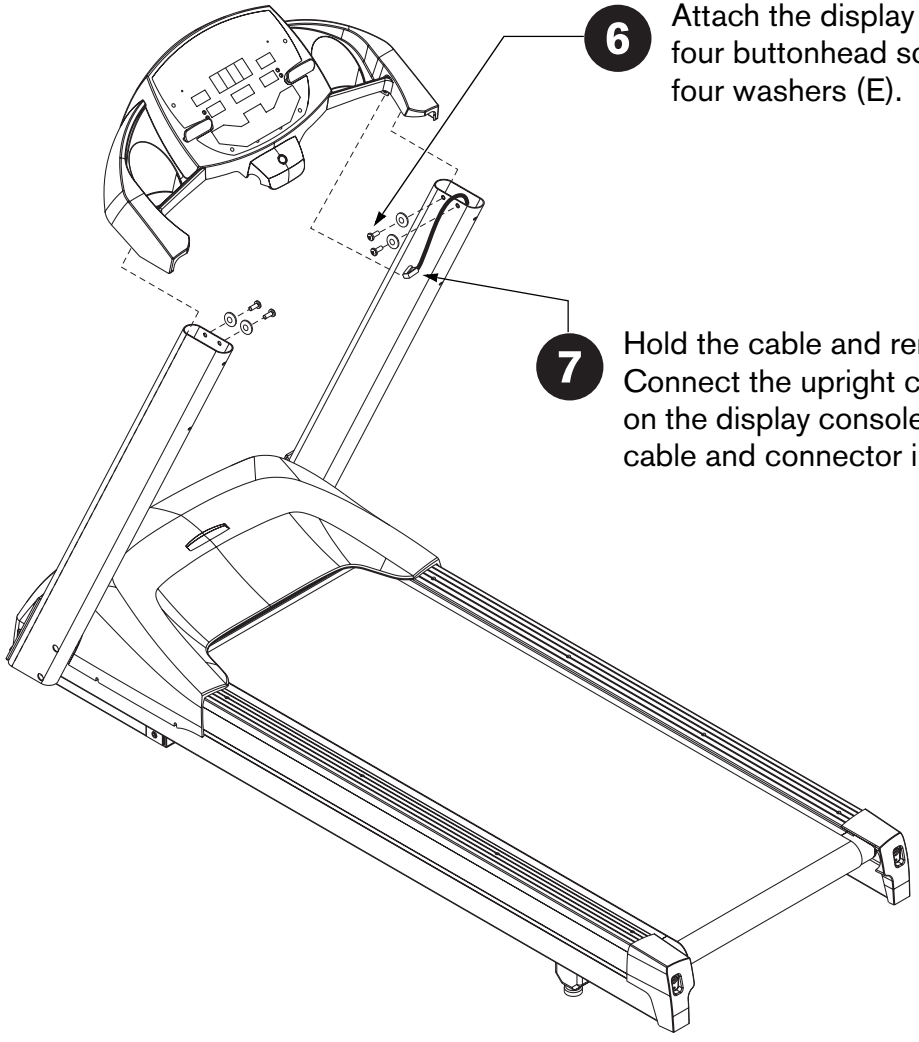
**4** Attach the left side upright to the front panel using two buttonhead screws (A) and two washers (B).

**5** Secure the left side upright to the base frame side bracket using two socket head screws (C) and two washers (B).

**Next**!

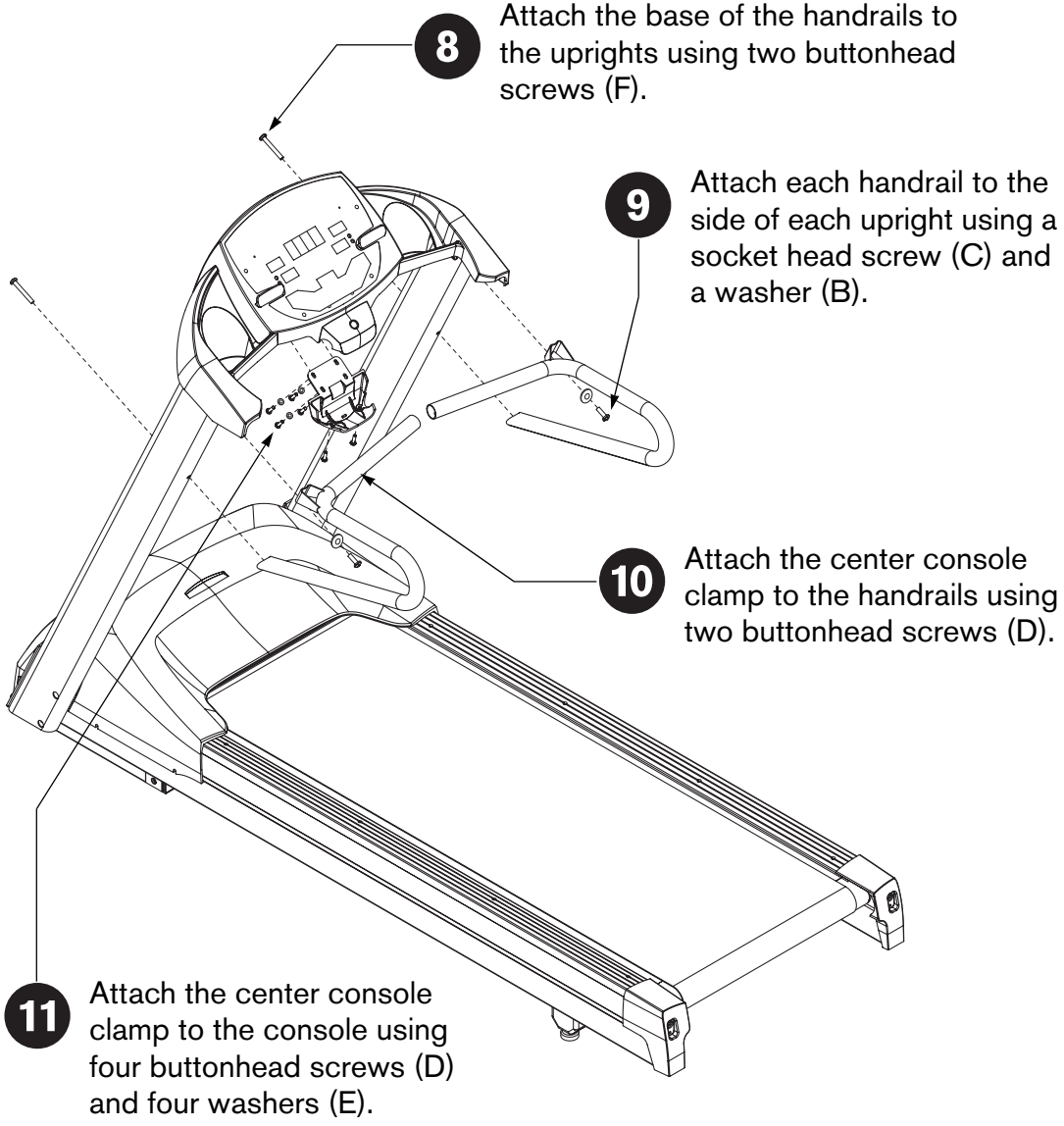
- To complete the M9.27 assembly, refer to assembly steps 6 through 16 in *M9.27 Assembly Steps*.
- To complete the M9.23 assembly, refer to assembly steps 6 through 13 in *M9.23 Assembly Steps*.

# 9.27 Assembly Steps



**6** Attach the display console using four buttonhead screws (D) and four washers (E).

**7** Hold the cable and remove any tape. Connect the upright cable to the cable on the display console. Place the excess cable and connector inside the upright.



**8** Attach the base of the handrails to the uprights using two buttonhead screws (F).

**9** Attach each handrail to the side of each upright using a socket head screw (C) and a washer (B).

**10** Attach the center console clamp to the handrails using two buttonhead screws (D).

**11** Attach the center console clamp to the console using four buttonhead screws (D) and four washers (E).

**12** Tighten all mounting screws.

***Important:*** *For proper alignment, the fasteners must be tightened in the order of assembly.*

**13** Level the unit by adjusting one rear foot at a time. For more information, refer to the owner's manual.

***Important:*** *Do not raise or lower the unit beyond 2 centimeters (¾ inch). Check the level of the unit after each adjustment.*

**14** Plug the power cord into an outlet.

***Important:*** *The treadmill requires a dedicated, grounded circuit. A 20-amp circuit is recommended. Refer to Grounding Instructions in the owner's manual.*

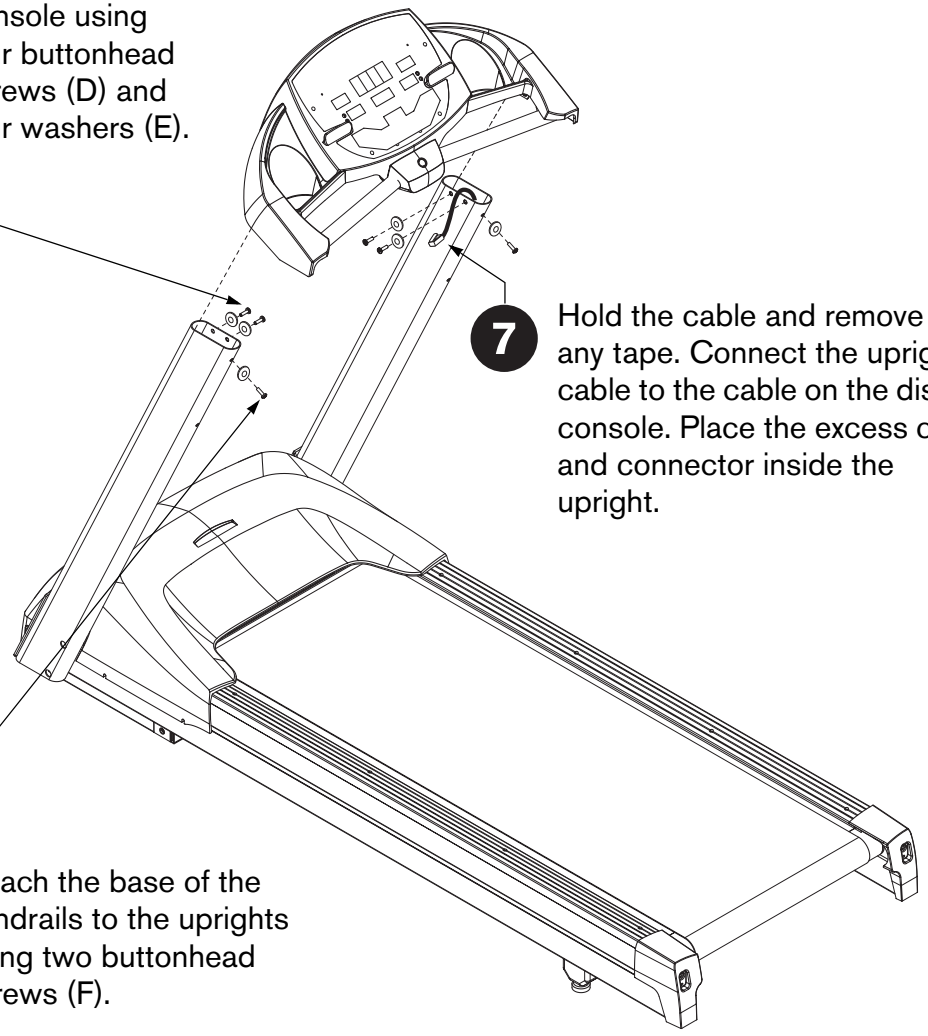
**15** Attach the red magnet, at the opposite end of the security clip, to the magnet on the center console.

**16** Check the alignment and adjust the running belt. For instructions, refer to *Checking the Alignment and Adjusting the Running Belt*.

# 9.23 Assembly Steps

Before beginning these steps, follow assembly steps 1 through 5.

**6** Attach the display console using four buttonhead screws (D) and four washers (E).



**7** Hold the cable and remove any tape. Connect the upright cable to the cable on the display console. Place the excess cable and connector inside the upright.

**8** Attach the base of the handrails to the uprights using two buttonhead screws (F).

**9** Tighten all mounting screws.

***Important:*** *For proper alignment, the fasteners must be tightened in the order of assembly.*

**10** Level the unit by adjusting one rear foot at a time. For more information, refer to the owner's manual.

***Important:*** *Do not raise or lower the unit beyond 2 centimeters (¾ inch). Check the level of the unit after each adjustment.*

**11** Plug the power cord into an outlet.

***Important:*** *The treadmill requires a dedicated, grounded circuit. A 20-amp circuit is recommended. Refer to* Grounding Instructions *in the owner's manual.*

**12** Attach the red magnet, at the opposite end of the security clip, to the magnet on the center console.

**13** Check the alignment and adjust the running belt. For instructions, refer to *Checking the Alignment and Adjusting the Running Belt*.

# Checking the Alignment and Adjusting the Running Belt

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support at 1-800-347-4404.

## To check the alignment:

1. The treadmill has adjustable rear feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.

   ***Important:*** *Do not raise or lower the unit beyond 2 centimeters (¾ inch). Check the level of the unit after each adjustment.*

2. Turn the unit ON.
3. Stand beside the treadmill and press QUICKSTART. The running belt starts automatically after the 3-second countdown appears on the display.
4. Press the SPEED ▲ key until the display shows a speed of 3 mph (4.5 kph).
5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should run centered along the running bed. If the belt drifts off center, you will need to make adjustments.

   ***Important:*** *If the belt needs alignment, make the adjustments immediately after turning the treadmill OFF. Failure to do so may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*

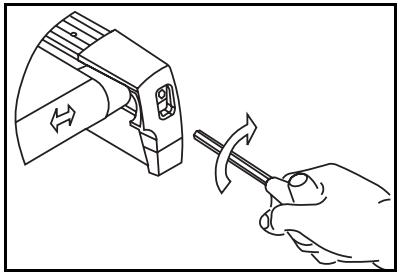
6. To stop the running belt, press STOP.
7. Turn the treadmill OFF.

## To adjust the running belt:

**CAUTION: To ensure your safety, turn OFF (O) the treadmill before making any adjustments.**

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display.) Make all belt adjustments on the ***right rear corner bolt*** using the T-handle hex key.

   - If the belt is off center to the LEFT, turn the adjusting bolt ¼ turn *counterclockwise*, which moves the running belt to the right.
   - If the belt tracks off center to the RIGHT, turn the bolt ¼ turn *clockwise*; this moves the belt to the left.

   ***Important:*** *Do not turn the adjusting bolt more than ¼ turn at a time. Overtightening the bolt can damage the treadmill.*

2. Recheck the alignment of the running belt.

PRECOR® USA
move beyond®

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This addendum accompanies your *M9.23 and M9.27 Owner's Manual*. It explains an advanced programming feature not addressed in the current manual.

You can change the unit of measurement from U.S. Standard to Metric. For example, distances can now be shown in miles or kilometers and speeds in miles per hour or kilometers per hour. Your weight can appear in pounds or kilograms. *Please make a note of this in your owner's manual.*

## Advance Programming and Troubleshooting

When the treadmill is shipped from the factory it is set to display U.S. Standard. To change this setting, you will need to review the section in your owner's manual titled, *Advanced Programming and Troubleshooting*. Read the *Programming Tips* and take the following steps:

1. Turn the treadmill OFF and ON.
2. Within two seconds, press the following keys in sequence without hesitating:

   STOP, INCLINE ▲, SPEED ▼
3. The current unit of measure (MILES or KM) appears in the center display. If you wish to use U.S. standard settings, select MILES. If you prefer Metric settings, select KM.

   Any ▼ or ▲ key lets you alternate between the prompts.

   **Note:** Changing the display to Metric measurements affects the default settings. Distances and the odometer value are converted to and appear in kilometers (KM). Speed appears in kilometers per hour. If you use QUICKSTART, the weight is set at 68 kg.
4. Press ENTER to accept the displayed setting.

   The change will be retained in memory even if the treadmill is turned OFF and unplugged.
5. If you want to exit without saving the change, press STOP.

P/N 48420-101
12 January 2005

M® 9.23
M® 9.27

# Owner's Manual Addendum